



# Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit

By Jose Silva

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Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as when you practice physically.

When you combine physical and mental practice, your results are far greater.

Now the world's Number One mind training program will show you how.

Whether you are a pro, a weekend warrior, or a fitness fanatic, this book is for you.

You've seen athletes do it in all sports:

\*Members of the Olympic bobsled team just before their run, eyes closed, their bodies swaying back and forth as they visualize the run

\*Professional basketball players mimicking the free throw, picturing it mentally, before actually taking the ball and shooting it

\*The pro golf champion on the tee visualizing his drive.

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Silva graduates report they have been able to:

\*Learn what they need to know, faster and easier.

\*Train their bodies to perform better by visualizing at the correct level of mind

\*Improve their intuition and anticipation so that they do the right thing at the right time more often, automatically

\*Manage pain, and recover from injuries faster

\*Program themselves for success

Play the mental game like the superstars do

Whether you are a beginner or a world champion, there are techniques in this book that you can use to develop your physical and mental skills.

Don't just sit and watch other people enjoying the rewards of success - get up and get involved.

Enjoy the benefits of better health, attractive appearance, the recognition for what you have accomplished, and the personal satisfaction of knowing that you achieved something worthwhile. Use the techniques to help you achieve your training and athletic goals, to get the body you want, and to live the healthy, successful life that you deserve.

National and World Champions featured in Jose Silva's Guide to Mental Training for Fitness and Sports:

\*Find out how the practical aspects of the Silva Method enabled Vidheya, a young Italian girl, to become National Martial Arts Champion

\*World Series MVP Bucky Dent tells how the Silva Method helped his career, and why he recommends it to his younger players

\*Bruce Schneider details how he used Silva techniques to help him hit a home run in the bottom of the 9th inning that won the game and qualified his team for the slow pitch softball World Series

\*Rafael "Paeng" Nepomuceno of the Philippines explains how the Silva techniques helped him win the World Cup of Bowling

\*Internationally known sports psychologist Andrzej Wojcikiewicz explains how the Silva techniques helped the Canadian National Fencing Team improve dramatically and do better than expected in the Barcelona Olympics.

Young athletes benefit:

\*Learn how the Silva techniques helped Natalie Lacuesta, an 11-year old Illinois girl and the youngest member of her team, achieve the Number One ranking in the United States in rhythmic gymnastics

\*Discover the simple technique that basketball coach Hector Chacon used in his halftime talk that turned a group of athletes that experts considered losers, into winners

\*Learn how Dana Sheets, who believed Jose Silva when he told her she could accomplish anything, used programming and physical practice to make her high school's varsity tennis team as a freshman

Older athletes feel young again:

\*An Ohio man explains why the Silva System was invaluable in giving him the stamina to earn his black belt in karate at the age of 57

\*Learn why a 79-year-old marathon runner praises the Silva techniques

Join these people in the Winners Circle with José Silva's step-by-step guidance in this outstanding book.



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## **Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit By Jose Silva Bibliography**

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### **Editorial Review**

#### **About the Author**

José Silva's life is more than a great American success story. It has transcended time and space to become one of the world's all time great success stories. Orphaned at age 4, he never attended school a day in his life as a student; yet the reading and research that he undertook to help his own children, unlocked secrets of the mind and human potential that had remained hidden for thousands of years. José Silva's 22 years of dogged determination to dig out these secrets has literally changed the world. He actually found the secret of success. He first started working with his own children in 1944, then in the 1950s and 1960s helped his neighbors learn how to actually use the untapped power of their minds to get whatever they wanted. While he never asked them to pay him, he was rewarded greatly with more knowledge on this subject than anyone else on the planet. From 1966 to 1998 his Silva Mind Control Method helped millions of people worldwide, and since 1998 his Silva UltraMind ESP System is leading people into what he called "the beginning of the second phase of human evolution on the planet." This man with no formal schooling wrote the book on mind development - in fact, he's had more than a dozen books published by major publishers, in two dozen languages. Prior to his passing in 1999 he developed a new course - actually more than a course, he calls it a system: The Silva UltraMind ESP System. In addition to helping people develop and use their own God-given intuition, the UltraMind ESP System includes a new scientifically-based technique to communicate with higher intelligence regularly and reliably to obtain help and guidance in carrying out your mission in life. While José Silva may have moved on to new assignments, his work is still going strong, in live seminars, books, and in convenient home study courses. There are many courses that are "based on" his work, but the only courses still being taught that he authored himself, based on his 22 years of scientific research, are the Silva UltraMind ESP System, and his Holistic Faith Healing System. In addition to being a successful business owner, scientist, and father, he was an accomplished singer, and when he was young he was a professional boxer for a few years. You can take advantage of some of his wisdom in this book. For details, please visit [www.SilvaCourses.com](http://www.SilvaCourses.com) or [www.SilvaStarAthlete.com](http://www.SilvaStarAthlete.com)

### **Users Review**

#### **From reader reviews:**

##### **Scott Barbour:**

As people who live in the actual modest era should be up-date about what going on or information even knowledge to make them keep up with the era which can be always change and progress. Some of you maybe will certainly update themselves by reading books. It is a good choice in your case but the problems coming to an individual is you don't know what type you should start with. This Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit is our recommendation to help you keep up with the world. Why, because book serves what you want and want in this era.

##### **Michael Torres:**

The book Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit has a lot details on it. So when you make sure to read this book you can get a lot of help. The book was published by the very famous author. The writer makes some research just before write this book. This specific book very easy to

read you will get the point easily after perusing this book.

**Jeffrey Martinez:**

Would you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you just dont know the inside because don't evaluate book by its cover may doesn't work is difficult job because you are frightened that the inside maybe not seeing that fantastic as in the outside appearance likes. Maybe you answer can be Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit why because the amazing cover that make you consider concerning the content will not disappoint you. The inside or content is definitely fantastic as the outside or perhaps cover. Your reading 6th sense will directly direct you to pick up this book.

**Helen Christopher:**

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